



STATE OF ALABAMA DEPARTMENT OF
PUBLIC HEALTH

CHILDHOOD OBESITY (30 SECONDS)

This is Acting State Health Officer, Doctor Scott Harris. Obesity is a serious health concern for children and adolescents in our state, increasing the risk of health problems during their youth and as adults.

Parental involvement is the key to getting this epidemic under control. For more information and resources to help keep your children healthy, visit our website at Alabama-public-health-dot-gov-slash-nutrition. A few simple changes can have a big impact!

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